

## **POSTOPERATIVE INSTRUCTIONS: Laparoscopic Inguinal Hernia**

### **Activity**

Take it easy the first several days. Avoid activities that may cause discomfort. Walking, stairs, even light exercise is okay if tolerable.

### **Pain**

Most pain is due to the incisions and can be controlled often ibuprofen alone. However, narcotics will be given after surgery, and should be used as needed. Please be aware that a common side effect of narcotics is constipation and nausea, so if they can be avoided, please do so. Avoid taking narcotics on an empty stomach to help prevent nausea from occurring.

### **Diet**

No restrictions eat what is comfortable. Foods that cause excessive bloating may increase Incisional discomfort. If you have not had a bowel movement after 2 days, please start consuming high fiber products such as fresh fruit, prunes, etc... Additionally, take 1-2 tablespoons of Milk of Magnesia (available over the counter) every 6 hours on the third postoperative day if you have not had a bowel movement.

### **Wound Care**

The band-aids may be removed after 48 hours from surgery, at which time it is safe to shower. The underlying steri-strips are to remain on for 7 days total. After 7 days, it is easiest to remove them in the shower by peeling them off at the edges. The suture below is absorbable and therefore there is nothing else to remove. No baths, swimming pools, or saunas for at least 1 month after surgery.

### **Problems**

Please contact us immediately if you experience any of the following: worsening nausea/vomiting increased pain, fevers (temp >100.4), redness or drainage from your incisions. If you think there is something wrong, please do not hesitate to call.

### **Appointment**

We will need to see you approximately 2 weeks after the day of your surgery unless otherwise specified. Please call to make an appointment when you are released from the hospital and inform the receptionist that you need to make a post operative appointment. Please do not hesitate to call with any questions or concerns.